

基于微信平台提供的延续性护理对癌痛患者疼痛及生活质量的影响

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Title: Effect of continuous nursing based on Wechat platform on pain and quality of life of cancer pain patients

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关键词: 癌痛; 延续性护理; NRS评分; QOL评分; SAS评分

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摘要: 目的: 探讨延续性护理对于癌痛患者NRS评分、服药依从性、QOL及SAS评分的影响。方法: 选取84例入院时均需服用阿片类药物治疗的重度癌痛患者, 随机分为对照组和观察组, 每组各42例, 对照组实施常规护理及出院指导, 观察组在此基础上同时进行院外延续性护理, 比较两组患者出院4周后服药依从性及疼痛控制程度以及QOL评分的差异。结果: 观察组患者服药完全依从率明显高于对照组完全依从率; 部分依从及不依从率, 均明显低于对照组的依从及不依从率; 观察组疼痛完全缓解率、部分缓解率高于对照组的完全缓解率及部分缓解率, 而观察组的疼痛无效率低于对照组; 观察组患者的QOL评分改善大于对照组; 治疗后观察组的SAS评分低于对照组。结论: 院外延续性护理可提高癌痛患者的服药依从性; 缓解患者疼痛症状; 提高患者生活质量, 减轻患者抑郁状态。

Abstract: Objective: To explore the effect of continuing nursing on NRS score, medication compliance and QOL score, SAS score of cancer pain patients. Methods: Eighty-four patients with severe cancer pain who needed opioid treatment at admission were randomly divided into control group and observation group, 42 cases in each group. The control group received routine nursing and discharge guidance, while the observation group received extended nursing outside the hospital at the same time. The differences of drug compliance, pain control degree and QOL score between the two groups after 4 weeks of discharge were compared. Results: The complete medicine-taking compliance rate of the observation group was significantly higher than that of the control group. The partial medicine-taking compliance rate and non-compliance rate were significantly lower than that of the control group. The complete pain relief rate and partial relief rate of the observation group were higher than that of the control group, while the pain inefficiency rate of the observation group was lower than that of the control group. The QOL score of the observation group was lower than that of the control group. The SAS score of the observation group was lower than that of the control group after treatment. Conclusion: Extra-hospital continuing nursing can improve the medicine-taking compliance of patients with cancer pain, alleviate pain symptoms, improve the quality of life of patients and alleviate depression.

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